

SHOP GREAT GLUTEN-FREE MEALS COOK SLOW-COOKER SOLUTIONS LIVE CHRISTMAS ON THE FARM



fresh

Our
fresh new
look!

NOVEMBER/DECEMBER 2015



Find the recipe
for this elegant
holiday cake on
page 36

THE HOLIDAY ISSUE

Fast recipes, nifty tricks,
and do-it-yourself
gifts for the
season's best eating

\$3.00
or free with
purchase of
\$25 or more



Ziploc

glade
WINTER COLLECTION

FEEL THE JOY OF A CHAOS-FREE HOLIDAY.

This season, treat your guests to a holiday they won't forget with savings on Ziploc® brand products and the Glade® Winter Collection.



Ziploc® and Glade® are trademarks of The Clorox Company.

 Oshman's
A Family Company

welcome

**HANNAFORD
MARKETING**

ANDREA TOUGERE
JULIE GACHON
JULIE DREENE
JOHN JOHNSTON
MARYBETH PITMAN

**JOHN BROWN MEDIA**

LEON NORMAND
Editor
JILLIAN RAPPAPORT
Executive Director
REBECCA MORNIN
Food Editor
CHAROLINE ALEXANDRA
Art Director/Freelance Editor
CLAUDIO MARA
Designer

LINDY ROGERS
Associate Art Director
REBECCA WILSON
Assistant Art Director

MICHAEL PHELPS
CEO
MICHAEL SCHWELL
Executive Vice President
DAVID PARKER
Senior Vice President
OLIVE BIRKBECK
VP, Stores
JESSICA ZONKHOUSE
Art Editor

MATTHEW WELCH
Photo Editor
JOSEPH L. DEARIO
Digital Content Manager

GARETH HOGG
Rebel Ink Creative Production
Coordinator

KERRY SPALDING
JOURNALISM
JOANNA KELLY
Editorial Intern

CHRISTOPHER HARRIS
Business Development
and Sales Manager
JENNIFER COOPER
Customer Experience
Manager

CHRISTOPHER HARRIS
Customer Experience
Manager

**Big news at fresh**

Welcome to the new *fresh* magazine! While it may look and feel a bit different, many of the things you count on each issue will remain the same. We'll still be spotlighting exciting new Hannaford products, sharing easy recipes (see our new **Dinner from the Fast Lane** series on page 8), and telling you the stories behind the region's great producers.

This issue is all about holiday traditions, from the **corn soufflé** on page 34, a family recipe from food editor Rebecca Morris, to the comforting **Swedish apple pie** on our back page, courtesy of a Hannaford shopper.

The holiday season may be all about culinary revelry, but it's also about giving back—which is why we urge you to learn more about **Hannaford Helps Fight Hunger** on page 20. It's an initiative that's a priority for new Hannaford president Michael Vail, too: "Hunger is affecting people in our communities, and that's true all year-round," Vail says. "We see during the holidays that our customers understand the need, and their generosity makes an important impact."

Wishing you a happy (and delicious) holiday,

Leah Mennies

Leah Mennies, Editor

Contributors

For *Holiday* (page 19)
Rhode Island-based food
writer **Molly Birnbaum**
chatted with the owners
of New York City's
book store **Brooklyn** about
the importance of family
traditions.



Massachusetts-based
photographer **Michael**
Phelps took on a family
census assignment for this
issue, shooting among other things a bear
and her cookies (page 26)
and his swimming Phish-
Brand sailor on our cover.



Through the shared love
of painting, **Joanne Chouin**
is what really motivates
illustrator **Karen**
Wilkins. Inside this
rendering of one especially
beautiful bag of beans
(page 16) another sketch
of beans (page 16).

FRESH

table of contents

in this issue:

shop

10 Dinner from the Fast Lane

Prepare these simple meals with 10 items or fewer.

10 Holiday Meats

What you need to know before visiting the butcher counter.

12 Using Your Gourds

Hanover produce manager Kyle Gray breaks down six nature staples.

Plans

14 Alternative Selections

Eating My Words

18 Product Picks

20 Last-Minute Gifts

Find these
cookies on
page 26

cook

22 Holiday Special

Ruled to live by for a crowd-pleasing, stress-saving (or maybe delicious) holiday season.

By Rebecca Morris

Includes:

- 24 Overnight strata
- 25 Lettuce
- 30 Pull-apart rolls
- 33 Bacon jars
- 36 Mashed potato
- 37 Pesto gnocchi

live

20 Madison for the Holidays

Bonfire & bread bakery offers up festive Christmas morning recipes with help from New York's Romm brook Farm Dairy. By Molly Blumenthal

47 Bringing Home the Bacon

Your inside look at how North Country Smokeshop's top-selling product gets made. By Caroline Hanrahan

stay in touch:



@HanoverFood



facebook.com/HanoverFood



pinterest.com/HanoverFood



©2009 McCormick & Sons, Inc.

START WITH PURE FLAVORS. END WITH PURE GRATITUDE.

McCormick® Classic Roasted Turkey

1 whole turkey (4 lb); Fresh or frozen
Unsalted
1/2 cup oil
1 tbsp McCormick Rubbed Sage
2 tsp McCormick Garlic Powder
2 tsp McCormick Paprika
1 tsp McCormick Ground Black Pepper
1 tsp salt

PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings in small bowl. Sprinkle seasoning mixture evenly over turkey. Cover loosely with heavy-duty foil.

ROAST in preheated 325°F oven 2 hours, adding an extra 15 minutes per pound for larger turkeys. Remove foil. Roast 1 hour longer or until internal temperature in thigh reaches 165°F, basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes. Reserve pan juices to make gravy, or to serve with turkey.

Makes 12 servings.

Nutrition Information Per Serving: 495 Calories, Fat 21g (saturated Fat 6g), Protein 75g, Carbohydrates 1g, Cholesterol 287mg, Sodium 81mg, Fiber 0g.



At McCormick, we believe pure tastes better. That's why our herbs and spices have no added fillers. Just 100% pure flavor. For more great-tasting recipes, visit mccormick.com.



FARM TO flavor

Introducing new Alexia crispy rosemary fries.
They're straight from the farm and
bursting with flavor, naturally.

ALEXIA

seasonal produce / inspired ingredients / quick dinners

shop



One-Basket Wonders

These 14 items are all you need for three delicious meals.

Your Fast Lane Shopping List

PRODUCE AISLE

- Spaghetti squash, 1 medium
 - Brussels sprouts, 1/2 pound
 - Gala or Fuji apples, 2 medium
 - Scallions, 1 bunch
 - Baby spinach, 5-ounce container
- #### MILK, DAIRY, AND DELI SECTION
- Boneless pork loin roast, 3 pounds
 - Nature's Place® apricot & garlic chicken sausage, 1 package
 - Plain Greek yogurt, 1/2 cup
 - Hormel® Pesto Sauce
- #### INTERNATIONAL AISLE
- Taste of Thai Pad Thai SAUCE, 1 packet (gluten-free version)

GRAINS, BEANS, AND CONDIMENTS

 - Instant ramen, 1 package
 - Chopped basil, 1/2 cup (frozen) can
 - Taste of Inspiration® bruschetta sauce (Joy flavor), 1 jar
 - Taste of Inspiration® Maple & Sage Rub

TURN THE PAGE ➤
For recipes.

weeknight meals

Dinner from the Fast Lane



A great recipe shouldn't have to require a laundry list of ingredients. For this set of three unique dinners, all you need are the 14 ingredients from the shopping list on page 7.

Start with the roasted pork with pesto polenta: The leftovers will go into two more anything-but-boeing meals. By *Rebecca Morris*

DINING STARS*

Nutrition Choices Made Simple!

Building Stars is a patented program that lets you quickly see how a product on Hannaford shelves (or in one of our recipe stacks) compares to Foods that Stars offer—the most nutritional value for the calories. One star is good; two is better; three is best.



Good nutritional value



Better nutritional value



Good nutritional value

1

ROASTED PORK AND BRUSSELS SPROUTS WITH PESTO POLENTA

Active Time: 20 min
Total Time: 2 hours
Serves: 4

2 tablespoons *Taste of Inspiration*[®] Maple & Sage Rub

2 tablespoons vegetable oil

Salt and pepper

1 pound Brussels sprouts, trimmed and halved

2 apples, cored and cut into 1/2" wedges

1 lb ground boneless pork loin
 meat, tied

6 cups water

1 1/2 cups instant polenta

1/4 cup Hannaford[®] Pesto Sauce

1. Adjust a rack to the upper-middle position and heat oven to 375 degrees. Combine maple rub, oil, and 2 tablespoons water together. Toss Brussels sprouts and apples with 1 tablespoon rub, mustard, and thyme to a roasting dish.

2. Coat pork with remaining rub mixture and layer top of Brussels sprouts and apples. Roast until golden brown and center reaches 140 degrees (1 to 1 1/2 hours). Cover dish with foil and set aside.

3. Meanwhile, bring water to boil in a large saucepan. Reduce heat to low, add 1 1/2 teaspoons salt, and slowly whisk in polenta. Continue to stir polenta until thickened, about 3 minutes. Remove from heat, stir in 2 tablespoons pesto, and season with salt and pepper to taste.

4. Preheat oven for the chicken sausage and polenta pie (see next page). Spread 3 cups of the hot polenta into a greased 9" pie plate or dish, refrigerate for up to

3 days. Cover remaining polenta to keep warm. For the pork "pad thai": remove 1/3 of the cooked rice, wrap tightly, and refrigerate up to 2 days.

5. Slice remaining 2/3 of pork into 12 pieces and arrange over Brussels sprouts and apples. Spoon remaining 2 tablespoons pesto over pork and serve with polenta.

Per serving: 400 Calories, 38g Fat (8g Saturated), 102mg Cholesterol, 620mg Sodium, 56g Carbohydrates, 8g Fiber, 40g Protein

2

SPAGHETTI SQUASH AND PORK "PAD THAI"

Active Timer: 30 min
Total Time: 1 hour 30 min
Serves: 4

1 spaghetti squash

1 tablespoon vegetable oil
 4 ounces Brussels sprouts, trimmed and sliced thin (about 1 cup)

Reserve 1/2 cooked pork loin (32 ounces), sliced into matchstick-sized pieces

2 cups baby spinach
Taste of Inspiration[®] Thai Pad Thai Sauce

Salt and pepper

4 scallions, sliced thin

8

fresh

100-060
 100-1



weeknight meals



TOP

While any variety of arugula is delicious, we love Roasted Red Pepper & Tomato to our hearts.

3

MEDITERRANEAN CHICKEN SAUSAGE AND POLENTA PIE

Total Time: 30 min

Serves 4

Cooked polenta in pie dish, from pork recipe

2 tablespoons Marinara*
Pesto Sauce

1 (12-ounce) package Italian's Plus!® chicken sausage, cut into 1/2" rounds

2 cups baby spinach

1 jar "Taste of Inspiration"®
Bruschetta sauce1 (15 1/2-ounce) can cannellini beans,
drained and rinsed

1/2 cup ricotta

Salt and pepper

1 tablespoon vinaigrette oil
1/2 cup Greek yogurt

2 scallions, chopped

grilled
veggies

1. Invert polenta onto a plate and set aside; reserve pie dish.

2. Add polenta and sausage to a large nonstick skillet over medium heat; and cook until sausage is brown all over, about 5 minutes. Stir in spinach, bruschetta sauce, and water; and cook until spinach is wilted. Season with salt and pepper to taste and transfer to inverted pie dish. Place polenta on top and brush with oil.

3. Adjust a rack 6" from the broil element and broil until polenta is golden brown, 10 to 15 minutes. Quarter pie, top with scallions, and serve with a drizzle of yogurt.

Per serving: 500 calories, 10g fat (5g saturated fat), 16mg cholesterol, 103mg sodium, 20g carbohydrates (9g fiber, 3g protein).

Swift, pepper, oils, and vinegars are considered pantry staples. For the full shopping list, see page 7.

- Heat oven to 400 degrees. Place squash in foil with a fork; place on a baking sheet and roast until tender, about 1 hour. Halve lengthwise; remove seeds, and slice with a fork from top to bottom to create 4 slices of long strands.
- Heat oil in a large nonstick skillet over medium-high heat until shimmering. Add squash and Brussels sprouts and cook, stirring occasionally, until squash is browned, 4 to 5 minutes. Transfer to a large bowl.
- Add pesto, spinach, and radish. Shake to mix well and cook until pork is heated through, about 3 minutes. Toss with squash. Brussels sprout mixture and season with salt and pepper to taste. Divide individual portions with scallops before serving.

Per serving: 390 calories, 8g fat (2g saturated fat), 16mg cholesterol, 163mg sodium, 20g carbohydrates (9g fiber, 3g protein).



Beef up Your Holiday

What you need to know before visiting the butcher counter. By Caroline Hattan



Get to Know Hannaford's Chad LeVasseur

Chad LeVasseur has worked in Hannaford's meat department for eight years, and today is meat and seafood manager at the store in Turner, Maine, where he oversees everything from ordering to cutting meat. Before landing at Hannaford, LeVasseur studied culinary arts at Johnson & Wales University and worked at restaurants like the Colony Hotel in Kennebunkport.

The Roasts with the Most

To help you choose the best roast for your budget and prepare it with ease, Hannaford meat expert **Chad LeVasseur** and fresh food editor **Rebecca Morris** offer up their advice.



BEEF TENDERLOIN

Q: Ask your butcher to trim tenderloin with bone, so to ensure your roast will cook evenly and maintain its shape.

A: This narrow cut can quickly go from just right to overcooked, so protect your investment with a meat thermometer.



Plan on ordering
1/2 to 3/4 pound of
meat per person in
advance.



STANDING RIB ROAST

DL Best flavor by requesting your roast "bone-in" (so your butcher who will remove the rib bones entirely and reattach them with twine).

BB Per bone-in ribeye plan on ordering about 1 pound per person to account for the bones added weight.



STRIP ROAST

DL But from the same cuts as a New York strip, this is one of the few steaks available.

BB If you have the let's say an entire whole cow, they won't butcher it.



SPON ROAST

DL Also known as a top sirloin, this boneless roast is nicely tender with a good amount of fat.

BB To make this cutlet cut, take the A-cut (a large cut with a thickness of salt and pepper) of salt and pepper for 24 hours. The salt tenderizes the meat, leaving it juicy.



TOP ROUND ROAST

DL The top round roast is very lean, with little to no marbling. Though with some help of fat, it can be flavorful.

BB Test of Inspection? Chicago Steakhouse Rub will enhance this roast's bold flavor! To have a 3-lb. roast your butcher makes it free of charge.



Cook meat "low and slow": Roast at 300 degrees until done or reaches 120 degrees (or medium-rare). Rest for 10 minutes to develop a crust, then let rest 30 minutes before serving.

ripe now

Using Your Gourds

We asked **Kyle Gray**, produce manager at the **Hannaford** in Burlington, Vermont, to break down this autumn staple. —C.M.

Buying: There are three important factors to consider when selecting a squash: shape, size and weight. Wear sleeves are easier, but silver clear of deep punctures and cuts. A squash should feel firm and heavy for its size.

Storage: "Keep them in a cool, dry place," says Gray. Uncut squash is viable for up to three months after purchase; while cut squash will keep in the refrigerator for up to five days in an airtight container.

Prepping: All squash品种 are technically edible, but it's easier to save time if you decide what you want to do with them. They're especially tender if you decide to skip the peeler; just give the rind a thorough scrub. To cut, use your standard knife. Place your squash on its flattest side and, with a tight grip, cut in half lengthwise. Before cooking, scoop out the seeds, which you can later reuse.

TIP

If you don't have proper cutting equipment at home, bring down a friend—askable—they'll check down any squash for you.

Spaghetti As its name suggests, spaghetti squash is often used as an alternative to noodles (see page 6). Be sure to avoid pale squash. "The more yellow it is, the more meaty," Gray says.

Butternut One of the most popular varieties. This squash is known for its subtle, nutty flavor and buttery texture. The rind is tender enough to be removed with a vegetable peeler. For a recipe, see page 25.

Candied "It's a cross between an acorn squash and a small camping squash," Gray says of this eye-catching find. Like acorn, it's hard, so it's well suited to stuffing.

Acorn Choose hard; this squash becomes watery once it's cut.

Maximize the shape by stuffing it with everything from vegetables and grains to meat and cheese.

Bitter冬瓜 Gray prizes this delicacy for its fine meat and flavor; he steams it whole and adds slurry when cut into rings. We recommend roasting the outside-coating shells and adding them to a hearty winter salad.

Buttercup Gray's personal favorite, buttercup is one of the sweetest types of squash. Thanks to its smooth, dense texture when cooked, it's great steamed for sweet potatoes à la custard and pie fillings.



For All Your Cooking, Baking and Wrapping Needs



handi-foil®

Visit www.handi-foil.com for tips and recipes

Look for our
BUY 1 GET 1 FREE coupon
in this magazine.

ingredient spotlight

Switch up Your Sweets

1 HONEY

"It has a really strong flavor," Chang says of honey, which she uses in sweets that benefit from the added complexity. In her books, Chang transforms flour's signature brown sugar-leavened scones into a Honey Whipped-Cream Meringue Tart.

2 MAPLE SYRUP

One of the most natural options available—and a great way of buying local here in the Northeast—maple syrup is excellent when swapped for sugar in pancakes and pie fillings.

3 FRUIT

Chang recommends making fruit reductions and using them instead of white sugar in creamy desserts like pudding. She prefers dates, meanwhile, in buttery baked goods.

4 MOLASSES

Chang praises molasses for its caramel-y notes, which work well in cookies. Though it can yield a chewier cookie, Chang found that baking cookies, then re-baking them at a lower temperature lessens the crisp factor.

Baking with Less Sugar, \$15, amazon.com



When Boston-based pastry whiz Joanne Chang began dabbling with sugar alternatives for her third cookbook, *Baking with Less Sugar*, the Flour Bakery owner discovered that getting creative with sweeteners added more nuance to her desserts. "When you don't rely solely on [refined] sugar, every other ingredient comes through," she notes. Here's how Chang likes to mix up her baking routine. —C.H.



The Dietitian Says:

"It's important to remember that sugar-free doesn't mean calorie-free," says **Julian Stansell**, a New York dietitian based in Carmel, New York. Below, she demystifies a few alternative sweeteners.



Stevia
Used in raw and liquid form, this sweetener is the refined extract of a South American herb. "Stevia is about 200 times sweeter than sugar," Stansell says.



Agave Nectar
It's shelf-stable and won't crystallize like honey. "Stevia is about 200 times sweeter than sugar," Stansell says. And thanks to a low glycemic index, it won't trigger your blood sugar as much as white sugar.



Coconut Sugar
Like agave, coconut sugar is considered to impact blood sugar less than table sugar. Stansell says, "Try it in recipes that benefit from dark sugar."

Advil®

Advanced Medicine. Powerful Relief.



Nothing's **stronger**
on tough pain*



Goes to work in
minutes on tough pain



When pain keeps you up, get a
Healing Night's Sleep

Look for money saving coupon
in the back of this magazine

Advil® DTC pain-reliever.
Use product as directed.
Use Advil® PM as directed.
Individual results may vary.
© 2011 Pfizer Inc.

eating my words

Maintaining Traditions, One Onion at a Time

Shopping for your first Thanksgiving can be daunting, especially if a family recipe is at stake. By Kara Barker



I was surrounded by onions and about to cry, and I hadn't even started peeling them yet. My voice began buck at the produce aisle of the grocery store, as I agonized over which onions were the right ones for my family's time-honored onion soufflé, assuaged only with my silently sniffling recipe—which, of course, didn't specify which variety to use. This was my first ever Thanksgiving, and I was taking it seriously. I wanted to get it right on my own, and I couldn't bear to be the one who botched the crucial dish.

With this recipe in particular, the stakes were high. Historically, my Aunt Marcie, and later my mom's plan-ahead maven, Auntie Jo, was responsible for the onion soufflé. "She's the best," I'd heard. But as the familiar smells of the Thanksgiving table—turkey, gravy, mashed potatoes, the pie, the rolls—began to waft up from under the table, I realized I had no idea what I was doing. The current owner, of course, was there.

"Where does onion soup come from?" I asked. "It'll be salty. I ended up on seven types of onion soup imaginable. Yellow onions, red ones, too big, just the cooking process could've shrunk them. Right now, most have just peeled purple onions? Probably, but perhaps they had just been thoroughly peeled? I grabbed several. Capeline onions seemed about the right size, but not for soup except for our family's onion soufflé.



On and on. By the time I walked out of the store, I was carrying five plastic bags full of onions in all shapes, sizes, and aromas.

My husband was anti-onion soup when I planned the meal over with my parents' purchases. He settled a draw and grabbed for my (admittedly lengthened) onion.

"What happened?" he asked.

I explained my predicament. Fortunately, he hadn't a clue, either. Marcie was never that specific.

"Just call it," he said. "She won't notice."

And so, dejected and surrounded by bags of onions, I poked up the phone number to my Washington, D.C.

"Evan!" she croaked on her thick Boston accent, obviously in a sweat despite a onion leak into dry구as. "Purple onions? Like you'd put in a salad? Like the little onions—you know, button onions?" she laughed kindly.

I laughed myself, laughing. They were plain old small white onions, the type that comes in green spray containers, wrapped in plastic.

As I hung up the phone, I didn't realize that calling Eli for help would be a blessing. It was one of the last conversations we would have. She died that spring. I still make her onions every year, of course, draped in plenty of garlicky cheese. By now, I have the recipe by heart.

TIP

Tips for

Thanksgiving

Shopping

- Make your list in advance to eliminate any last-minute meal decisions.

If there'll be a lot to cook, try prioritizing

stability over a recipe or technique that's

a friend to trust is

better than me

or the recipe just

to keep your ego

in tact.

■ Always invite people to attend family meals. These

events only have

a few ingredients—

steamed carrots,

onions, chicken

crumbs—but they

offer up a decade of

memories.

STILL

2 CUPS

OF AMAZING CHEESE



NOW WITH LESS PACKAGING

GRILLED BRUSCHETTA CHICKEN



Prep Time: 25 min., plus refrigerating | Makes: 4 servings

WHAT YOU NEED

- 4 small boneless skinless chicken breasts (1 lb.)
- 1 cup KRAFT Sun-Dried Tomato/Vinegar Dressing, divided
- 1 tomato, finely chopped
- 1/2 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1/4 cup chopped fresh basil

MAKE IT

HEAT grill to medium heat.
PLACE chicken in large resealable plastic bag. Add 2 Tbsp. dressing; seal bag. Turn bag over several times to evenly coat chicken with dressing. Refrigerate 10 min. Remove chicken from bag; discard bag and dressing. COVER grill with foil grid; with sheet of heavy-duty foil. Place chicken on uncovered side of grill; grill 6 min. Meanwhile, combine remaining dressing, tomatoes, cheese and basil. TURN chicken over; place on foil. Top with tomato mixture. Grill 6 min. or until chicken is done (165°F).

Nutrition Information Per Serving: 310 cal./serv., 11g total fat, 2g sat. fat, 1g trans fat, 230mg sodium, 4g total carb., less than 1g dietary fiber, 2g sugar, 120mg protein, 450mg calcium, 450mg iron.

FOR MORE RECIPES,
GO TO KRAFTRECIPES.COM

Leave it until the Last Minute

Each of these canapés takes no more than 10 minutes to pull together.

BRIE AND CHUTNEY PHYLLO CLIPS

Makes 10 canapés

Preheat oven to 350 degrees and place phyllo cups on a baking sheet. Remove and fold from left and cut into 1/2" pieces. Place a piece of brie into each cup and bake until melted and hot, about 8 minutes. Top each cup with 1/2 teaspoon Cranberry Apple Chutney and serve.

Cranberry Apple Chutney

Per Canape: 40 Calories (15% Fat), 0g Sat. Saturated Fat, 5mg Cholesterol, 30mg Sodium, 60g Carbohydrate, 8g Fiber, 10g Protein



2 packages Brie (7 oz.)

8 phyllo sheets (1/2 lb.)



1 jar Taste of Inspiration®
Cranberry Apple Chutney



1 wheel Taste of Inspiration®
Brie (8 ounces)

product picks



PROSCIUTTO-WRAPPED MELON SKEWERS

Makes 20 canapés

Cut cantaloupe spears (cucumber) into 3-inch pieces. Slice prosciutto into squares and wrap pieces around melon slices. Secure with toothpicks and serve.

Per Canape: 25 Calories, 1g Fat (0g Saturated Fat), 5mg Cholesterol, 100mg sodium, 2g Carbohydrate, 0g Fiber, 2g Protein



THE CLASSIC Bell's Seasoning

William G. Bell's eponymous spice company—a savory blend of 25 savory, aromatic herbs, ginger, paprika, bayleaf, and pepper—was born flavoring fumets and stuffing since the inventor first taste-tested it in a dinner long ago between 1850 and 1860. While the rest of the nation was eating today's iconic veggie casseroles, Bell's labored with a few dried blue berries and its product, in East Weymouth, Mass. During the holiday season alone, more than a million jars keep gourmets satisfied. —C.M.



4 ounces thinly sliced
prosciutto (about 16 slices)



1 (16-ounce) container
Hormel® Cantaloupe
Squares

BAKING MADE BETTER



FINLANDIA BUTTERY SHORTBREADS

Makes about 24 (2 1/4 inch) cookies

- 7 oz (1/2 kg or 14 tbsp) salted Finlandia Imported Butter, softened
- 6 cups sugar, plus extra for coating
- 2 cups all-purpose flour
- 1 egg white beaten with 2 teaspoons cold water

Preheat oven to 325°F Line a baking sheet with parchment paper.

In the bowl of a stand mixer, cream together butter and sugar on medium high until light and fluffy about 3 minutes. On the lowest speed, stir in flour and mix just until blended.

Remove from mixer and knead dough into a ball. Chill dough for 1 hour. Working with half of the dough at a time, roll it about 3/8" thick on a well-floured board. Cut into desired shapes and place on greased or prepared baking sheet. Brush with egg wash and decorate with sugar. Bake for 15 to 17 minutes or until lightly golden brown on bottom. Let cool on pan about 2 minutes, then transfer to a rack sugar side up to cool completely.



FINLANDIA®
IMPORTED BUTTER

© 2010 Finlandia Cheese

Made the old-fashioned way with fresh milk from family owned farms and churned to creamy perfection. Nothing artificial. No added hormones.

SIMPLY MADE BETTER™

Get More Recipes FinlandCheese.com | See Back of Magazine for \$1 OFF COUPON

Overheard at Hannaford

Heading to a holiday party without a gift? We asked shoppers and employees at the Rutland, Vermont, store: What's your go-to present in a pinch? —C.H.



REAGH GREENLEAF JR.

Local business owner
The Gift Irish Whiskey
Why? "It's us. The craft, art and flavor business. I have a big old American family."



MARISSA TANNER

High school health teacher
The Gap Plastic Surgery
Why? "I'll grab Vermont Smoke and Cure smokies (cheese, and crackers), and put it all together."



MIKE POTTER

Gift Card distributor
The Gift Gift Cards
Why? "They're handy and there are a lot of different choices. I always get one for Applebee's for my fiancée's parents."



HAYLEY FUNK

Hannaford bakery associate
The Gap Frost Tart
Why? "It has strawberries, kiwi, raspberries and blueberries, so it's festive and fancy."

helps

Fight Hunger This Season

Nearly 50 million Americans experienced hunger last year. This holiday season, make a difference with a Hannaford Helps Fight Hunger box of food staples. For \$10, your store will send the box—which includes items like tomato sauce, instant oatmeal, and peanut butter—to an area food pantry, or you can drop it off yourself. Below, check out how big of an impact a small donation can make. By John Rappaport



6.5

The amount of money, in millions, that the Hannaford Helps Fight Hunger Initiative has raised in donations since 2008

96,000

The number of boxes sold in 2014, which translates to 32,247 boxes of spaghetti, 23,336 cans of tomato sauce, 53,295 cans of vegetables, and 11,689 boxes of cereal

60

The number of meals, in millions, that Hannaford Helps Fight Hunger has helped create in the Northeast during the initiative's lifetime

200

The number of local food pantries and meal programs that receive boxes across the states

"Hannaford is our biggest contributor, and we couldn't do it without the help of Hannaford supermarkets."

Don Blodin, manager and vice president of Glastonbury Food Pantry

LIMITED
TIME
OFFER

THIS IS THE PERFECT
TIME TO MAKE
HER DAY



SEND A QUALIFYING TRANSFER*
THROUGH DECEMBER 31, 2015
AND RECEIVE

10% OFF

YOUR NEXT QUALIFYING
MONEY TRANSFER FEE OF \$5
OR LESS WHEN YOU SEND
FROM HANNAFORD

Coupon available on receipt.
Valid through January 15, 2016.

SEND A GIFT AND SAVE TODAY!

Track a transfer at [WU.COM](#)



WESTERN UNION **WU**

moving money for better

MOBILE | ONLINE | IN-STORE

*Offer valid on consumer-to-consumer money transfers with a fee of \$5 or less. Offer valid until December 31, 2015. One discount per transfer. No cash value. *Western Union does not issue currency from currency exchange. When choosing a money transmitter, carefully compare both transfer fees and exchange rates. Fees and foreign exchange rates may vary by branch, channel and location based on a number of factors. Fees and rates subject to change without notice. Licensed as a Money Transmitter by the New York State Department of Financial Services. © 2015 Western Union Holdings Inc. All rights reserved.



sweeter
the
Season

with
KISSES
Deluxe
Chocolates



festive desserts / meatless meals / DIY gifts

COOK



12

Rules to live by
for a crowd-pleasing,
stress-saving, thoroughly
delicious holiday season.

Recipes by Robyn Murnin

The Paris-Brest cake
is the ultimate holiday
dessert. Get the recipe
on page 34.

73

COOK

HOLIDAY
2013



1 Let Your Breakfast Work the Night Shift

All this strata needs is a little legwork the evening before serving: The flavors will meld overnight in the fridge, and it's ready to stuck in the oven as soon as you wake up. —By Anne B. Cagge

ACTIVE: 30 min.

TOTAL TIME: 1 hour + 8 hours
overnight chilling

SERVES 6 to 8

You can also use the oven-ready dish for this recipe.

MATERIALS: This recipe can be made through step 3, wrapped tightly in plastic wrap with aluminum foil, and stored for up to 2 weeks. Let stand overnight in refrigerator before baking.

1/2 tablespoon unsalted butter

1-1/2 pounds loaf slices country-style bread, halved crosswise
10 ounces smoked deli ham (10 slices), halved

4 ripe peaches, halved, pitted, and sliced thin lengthwise

8 ounces Swiss cheese, shredded
(1-1/2 cups)

12 large eggs

2 cups half-and-half

1 teaspoon fresh thyme leaves

1/2 teaspoon salt

1/4 teaspoon pepper

1 Grease a 9x13" baking dish with butter and cover bottom with about half of the bread slices. Top with an even layer of ham, followed by a layer of peaches and 1/2 cup Swiss. Repeat layering with bread, ham, and another 1/2 cup Swiss.

2 Arrange remaining pieces around the border of the dish, overlapping them by about half. Sprinkle remaining pieces of bread and ham in center until surface area is covered.

3 Whisk eggs, half-and-half, thyme, salt, and pepper together in a large bowl until well combined. Slowly pour over dish and firmly press down with hands to completely submerge. Sprinkle with remaining 1/2 cup Swiss, cover, and refrigerate for at least 6 hours and up to 24.

4 To cook, heat oven to 350 degrees. Uncover and gently press down to re-submerge layers and take out strata in garden shears and puffed, about 1 hour. Let cool 10 minutes before serving.

Per serving: 384 cal, 16 g fat (4 g sat), 214 mg chol, 109 mg sodium, 625 mg cholesterol, 146 mg carb, 26 g protein.

holiday guide

2 Impress the Vegetarians

Stuffed with protein-rich quinoa, salty feta, and tart cranberries, this roasted butternut squash makes a filling (and colorful) meatless entrée.

QUINOA, FETA, AND CRANBERRY-STUFFED SQUASH

Active Time: 45 minutes

Total Time: 1 hour and 45 minutes

Serves 4

This recipe can be made through step 4 and refrigerated for up to 2 days.

1 butternut squash (about 3 pounds)

1 tablespoon olive oil

1 large shallot, minced

1/2 teaspoon dried fresh thyme

Salt and pepper

1/4 cup water

3/4 cup quinoa, rinsed

1/4 cup plus 2 tablespoons crumbled feta cheese

1/4 cup dried cranberries, chopped

2 tablespoons Taste of Inspiration™ Honey Chipotle Grilling Sauce

1/4 cup halved pumpkin seeds (optional), toasted



1. Adjust a rack to the upper-middle position and heat oven to 400 degrees. Halve squash lengthwise; scoop out seeds, and place cut side down on a parchment-lined baking sheet. Roast until flesh pierces easily with a fork, about 1 hour.

2. While squash is roasting, heat oil in a medium saucepan over medium heat until shimmering. Add shallot, thyme, and 1/2 teaspoon salt, and cook until softened, about 1 minute. Add water and quinoa and bring to a simmer. Cover; reduce heat to low and cook until quinoa are just tender and liquid is absorbed, about 15 minutes; set aside.

3. To assemble: scoop flesh from squash centers; keeping 1/2" breadth all around, and reserve 1/4 cup.

4. Add reserved squash, 1/4 cup feta, and cranberries to quinoa and mix well; combine with salt and pepper to taste.

5. Stuff quinoa mixture into hollowed-out squash halves and brush with Honey Chipotle Grilling Sauce. Return to oven and bake until squash is heated through and golden brown all over, 10 to 15 minutes. Sprinkle with pepitas before serving.

Per serving: 420 calories, 10g fat (4g saturated fat), 31mg cholesterol, 45mg sodium, 86g carbohydrates, 13g fiber, 24g protein.



Holiday Ingredient:
This smoky-spice grilling sauce adds savory complexity.

holiday guide

3 Customize Your Cookies

These shortbread cookies are a snap to pull together: Simply blitz ingredients in a food processor, roll the dough into a log, and chill until sliceable. Go gourmet with one of our three variations.

SLICE-AND-BAKE SHORTBREAD COOKIES

Total Time: 45 min.
plus chilling

Makes: about 40 cookies
Make-Ahead: Unbaked cookie logs
can be frozen for up to 1 month.
Baked cookies can be stored in an
airtight container for up to 1 week.

1/2 cup granulated sugar
1/2 cup confectioner's sugar
3/4 teaspoon salt
1 cup (2 sticks) unsalted butter,
softened
1 large egg yolk
1 1/2 teaspoons vanilla extract
2 cups all-purpose flour

1. Process sugars and salt in a food processor until finely ground, about 10 seconds. Add butter, egg yolk, and vanilla, and process until smooth and creamy, 15 seconds. Scrape down sides of bowl, add flour, and pulse until dough comes into a ball.

2. Transfer dough to a lightly floured counter and roll into a 21-inch log; length will vary based on oven log. Wrap tightly with plastic wrap and refrigerate until very firm, at least 2 hours and up to 3 days.

3. Adjust the racks to the upper and lower-middle positions and heat oven to 350 degrees. Slice chilled dough into 1/4-inch rounds and place 1" apart on 2 parchment-lined baking sheets. Bake until edges are just golden, 12 to 15 minutes, switching and rotating pans halfway through. Let cool 10 minutes before transferring to a wire rack to cool completely.

Per cookie: 102 cal., 5 g fat (3 g sat.), 14 g carb., 1 g protein, 16 mg chol., 36 mg sodium, 160 mg potassium, 0 g fiber

COCONUT CHAI
TRY ONE OF
THREE INSPIRED
PERMIXES

COCONUT CHAI
Process 1 1/2 tablespoons loose chai tea (about 3 bags) with the sugar. Add 1/2 cup coconut unsweetened shredded coconut with the flour.

ROSEMARY ALMOND
Process 1/2 cup toasted almonds with the sugar. Add 1/2 tablespoon rosemary fresh rosemary with the flour.

CANDIED GINGER AND OAT

Process 1/2 cup coarsely chopped candied ginger with the sugar. Add 1/2 cup oats with the flour.

JOY

LOVE



Our flour is milled fresh, with care and
unrivaled quality. We are a 100 percent
employee-owned company of bakers,
committed to sharing the joy of baking and
giving back to our communities.

Try it once.
Trust it always.

Put more good in
your baked goods.

Share in the joy with our holiday baking guide full of recipes, baking tips,
gluten-free options, and more at kingarthurflour.com/holidays.

4

Cook with Your Kids

Tony Maws and his soft-spoken son Charlie share a passion for cooking.



If you visit The Kitchend in Somerville, Massachusetts, you may notice that out of the guys parking cars in the kitchen is a bit smaller than the rest. This particular prep-cook isn't just any restaurant staffer, of course—it's Charlie Maws, the 7-year-old son of award-winning chef Tony Maws, who runs the family-friendly Kitchend, as well as his daughter, *Craigie on Main*, in neighboring Cambridge.

Charlie's mom works in the restaurant, and one way that Maws teaches his son about cooking—and cooperation!—is by cooking together at home. Leading up to the holidays, Charlie helps his mom, Christine, make eggs and Wright flour when baking gingerbread cookies and cranberry cake, and come Hanukkah, he'll be making latkes with his dad.

"I like being in the kitchen when we make special stuff, and he likes being with family," Maws says.

"It's natural to come together at the table as well." Some of our favorite and most reminiscent memories come that way as kids. One way or another, Charlie will learn that, Maws says. "It's even more relevant now, with how crazy and fast our world is, to appreciate the times when the people we love sit at a table, break bread, laugh, and drink beer too much wine."

The key to getting kids involved in cooking, Maws says, is all about how you flavor the taste. "Hey buddy, help me pull these potatoes!" is way better than saying, "You have to peel these potatoes!" he explains. "We keep asking—if there's anything he wants to know out of, we say, 'Gosh, man, you can help me with the next step instead!'"

VISIT

The Kitchend Tap & Table,
419 Washington St., Somerville,
MA, 617-629-6271;
kitchendtapandtable.com.

Craigie on Main, 553 Main St.,
Cambridge, MA, 617-457-3540;
craigieonmain.com.

holiday guide



Making the latkes
1 large egg, 1/4 cup
potato matzo meal
Frying the latkes



TONY MAUR'S PARMESAN-POTATO LATKES

Total Time: 45 min

Serves: 4 as a side

Olive oil can be substituted for the schmaltz in this recipe.

Make-Ahead: Finished latkes can be held at room temperature for up to 4 hours. To serve, reheat in a 400-degree oven until re-heated and hot, about 5 minutes.

4 tablespoons plus 1/4 cup schmaltz (rendered chicken fat)
1 small onion, halved and sliced thin
Salt and pepper

1 pound russet potatoes (about 3), peeled, shredded, and

soaked in water

2 eggs (8 ounces), poached and shredded

1 large egg, lightly beaten

1/4 cup matzo meal

Sour cream and apple sauce for serving (optional)

1. Heat 1 tablespoon schmaltz in a small skillet over medium heat until shimmering. Add onions and 1/2 teaspoon salt and cook until softened, 6 to 10 minutes. Transfer to a large bowl and set aside.

2. Drain potatoes and place in a clean kitchen towel. Gather ends and twist tightly to expel as much liquid as possible.

3. Add potatoes, egg, eggs, matzo meal, remaining 1/2 tablespoon salt, and 1/4 teaspoon pepper to the onions and mix until combined.

4. Turn down to warm in a large skillet, heat remaining 1/4 cup schmaltz over medium-high heat until shimmering. Working in

batches, place 1/4 cup portions of potato mixture in skillet. Flatten gently with a spatula, and fry until golden brown and crisp, about 3 minutes per side.

5. Transfer to a paper-towel-lined cooling sheet and place in oven. Season latkes with salt and pepper to taste and serve with sour cream and applesauce if using.

Per Serving (220 calories): 30% caloric
carbohydrate; 50% protein;
Calories: 448; Carbohydrates:
49 g; Fiber: 6 g; Protein: 9

5 Rethink Your Rolls

These dinner rolls are extra tender and fluffy thanks to a Japanese baking technique that uses a milk-based roux. Make them complete with a smear of whipped brown butter.

貴經典而知古今

Wolfram Cloud

Steffi's Rock Salted Butter In a skillet over medium heat, stirring frequently until golden brown, about 6 minutes. Transfer to a bowl and cool completely. Add another stick unsalted butter, 2 tablespoons honey and 2 teaspoons salt to bowl and mix until fluffy. Can be refrigerated for up to 1 week.

PUBLIC DOMAIN DOCUMENTS

Active Times: 1 hour

Total Time: 3 hours 15 min.

Makes: 24 rolls
Miller's Advice: Dough can be prepared up to 1 day ahead. Roll out and shape and in baking dishes. Cover and refrigerate for up to 24 hours. Then continue as directed in step 5. Rolls can be tightly wrapped and stored at room temperature for up to 2 days.

5 сарса иштегүүрүнүн 8-күнү

2 pages written well

148 may attend their Seminole powwow.

140 *cup* *size*

1 | Page

2 teaspoons salt
6 tablespoons unsalted butter, cut into 1/2" slices and softened

Cross-Weights

1 large egg beaten with 1 tablespoon whole milk

1. Add 1/2 cup flour to a small saucepan and whisk in 1 cup milk. Cook over medium heat, whisking constantly, until mixture reaches a boil; cook for 5 minutes. Transfer to a large mixing bowl with the yeast mixture.

2. Add remaining 4 1/2 cup flour, 1 cup milk, instant milk powder (optional), yeast and salt to the work bowl and mix on low until combined. Then set mixer to medium low and knead for 5 minutes.

3. With mixer running, add butter,一片 at a time, until incorporated. Continue to knead until dough is smooth and slightly tacky, about 15 minutes. Turn out onto lightly floured surface and knead briefly to form a smooth ball.

4. Transfer to a large greased bowl cover and let sit at room temperature until doubled in size, about 45 minutes. Grease a 9x13" baking dish and a 9" round cake pan.

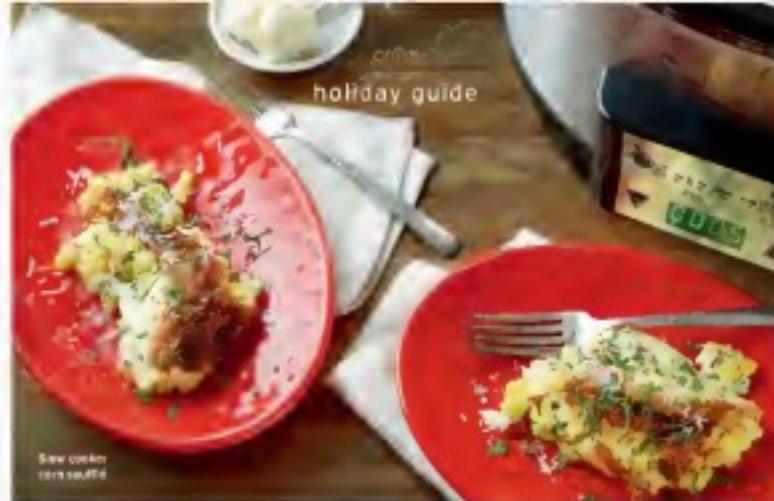
15. To shape: cut dough into 4 equal pieces and then cut each quarter into 8-plate-sized 2-inches circles. Working one at a time, roll dough quickly, circular motions with your palms and a light dusting of flour. Arrange dough about 1/2" apart in prepared baking pan and cover with greased plastic wrap. Let sit at room temperature and doubled in size, about 1 hour.

6. Adjust a rack to the middle position and heat oven to 375 degrees. Gently brush egg wash over the dough and bake until deep golden brown—30 to 35 minutes. Let cool for 10 minutes before serving.

Wetland 200 Litter + 5 bags + 2g
natural soil + 500 mg Chitosan + 100mg
Soybean 2000 Encapsulation + 50 mg Ag
+ 100 mg S



holiday guide



Slow cooker
corn soufflé

6 Take the Heat Off Your Oven

All too often, holiday cooking becomes a battle for precious oven space. This year, bring a peacemaker to the table: the slow cooker. Here, it works wonders on creamy corn soufflé and sweet-and-savory glazed ham.

SLOW COOKER CORN SOUFFLÉ

Active Time: 30 minutes
Total Time: 2 hours
Serves: 10 to 12 as a side

Placing a towel between the lid and the slow cooker will prevent condensation from dropping onto the surface.

Make-Ahead: The corn mixture can be made and refrigerated up to 2 days in advance, warming to room temperature before adding in eggs.

- 6 tablespoons unsalted butter
- 1 cup finely shredded Parmesan cheese (12 ounces)
- 1 onion, chopped fine
- 1½ teaspoons salt
- 4 eggs, beaten, corn kernels, whisked (10 ounces)
- ¾ cup all-purpose flour
- 2 tablespoons fresh sage
- 1 clove garlic, minced
- 1 teaspoon ground pepper
- 3 cups whole milk, warmed
- 1 cup shredded cheddar cheese (4 ounces)
- ¾ cup minced fresh parsley
- 6 large eggs, beaten



1. Grease a 6-quart slow cooker and sprinkle with ¼ cup Parmesan.
2. Melt butter in a large pot over medium heat. Add onion and 1½ teaspoons salt and cook until softened. 3 to 10 minutes. Stir in corn, flour, sage, garlic, and pepper and cook for 1 minute.

3. Slowly whisk in milk, bring to a simmer, and stir frequently until mixture thickens. 5 minutes. Remove from heat, and stir in cheddar, ½ cup Parmesan, and ½ cup parsley. Let cool 5 minutes before stirring in egg yolks.

4. In a large bowl, beat egg whites on an electric mixer on low until foamy. Increase speed to medium-high and beat until stiff peaks form, about 3 minutes. 190 to 210 egg whites will cover the base; then use a rubber spatula to fold in remaining whites.

5. Pour into the prepared slow cooker and shape a kitchen towel over the top. Cover and cook on high for 2 hours, rotating crock halfway through. Before serving, sprinkle with remaining ½ cup parsley and 14 cup Parmesan.

Per Serving (based on 10): 240 Calories
15g Fat (1g Saturated Fat), 15g Choles-
terol, 1000mg Sodium, 15g Carbohydrates,
15g Fiber, 15g Protein

HAM WITH PEACH-BOURBON GLAZE

Serves: 10 to 12

Place a Sprouted-cooked ham hock in a slow cooker. Rub ½ cup **Taste of Inspiration® Peach Habanero Spread** over ham, cover, and set on low for about 4 hours. Transfer to a platter and tent with foil. Simmer cooking liquid with another ½ cup peach spread and 2 tablespoons brown sugar and reduce to 1 cup. Brush over ham and serve.

Per Serving (based on 10): 210 Calories
9g Fat (2g Saturated Fat), 30g Choles-
terol, 1,200mg Sodium, 15g Carbohydrates,
0g Fiber, 25g Protein

holiday guide

7 Make Your Gifts from Scratch

A nice bottle of wine always pleases, but homemade caramel or bacon jam guarantees an invitation to next year's bash. Here, find five make-at-home gift ideas. (Please be sure to save some for yourself!)



CAJETA

Makes: 3 cups

What: This Mexican goat's-milk caramel sauce can be drizzled over ice cream, stirred into coffee, or eaten straight from the jar.

How: Bring 2 quarts goat's milk, 1½ cups sugar, 1 cinnamon stick, 1 star anise, and 1 teaspoon salt to a simmer in a large pot. Remove from heat and stir in ½ teaspoon baking soda. Mixture will foam readily; stir constantly to prevent overflow. When foaming subsides, cook over medium heat until light brown, 45 minutes. Increase heat to medium-high and cook, stirring frequently, until a coating of caramel forms and coats the back of a spoon, 30 minutes. Can be refrigerated for up to 1 month.

Per 1 Tablespoon: 110 Calorie(s), 115g Fat (9g Saturated, 5g Polyunsaturated, 27g Monounsaturated), 10g Carbohydrate(s), 1g Protein(s).

These recipes
are all
gluten-free.

PISTACHIO DUKKAH

Makes: 3 cups

What: Sprinkle this addictive Egyptian nut and spice blend on yogurt, casseroles, and dips. Add into cooked grains, or mix into plain yogurt for a savory snack.

How: In a dry skillet over medium-low heat, toast ½ cup anise seeds, ½ cup caraway seeds, and 1½ cup cumin seeds until just fragrant. Transfer to a food processor with 2 cups **toasted, shelled pistachios**, 1½ teaspoons salt, and ½ teaspoon **ground pepper**. Pulse until coarsely ground. Store in an airtight container and refrigerate for up to 4 months.

Per 1 Tablespoon: 400 Calorie(s), 35g Fat (10g Saturated, 14g Polyunsaturated, 10g Monounsaturated), 20g Carbohydrate(s), 8g Protein(s).

holiday guide

tell us!

What are your favorite DIY gifts? Tell us on Twitter with #KitchnNaturalGifts



HOMEMADE CHOCOLATE SHELL

Makes: 2 cups

What: This "magical" three-ingredient chocolate shell will harden into a crisp, fudge shell when drizzled over ice cream or cold fruit. For a giftable DIY sundae kit, pair with a jar of marshmallow cherries and caramel sauce.

How: Melt 2 cups **chocolate chips**, 1/4 cup **sweetened all-purpose oil**, and 1/4 teaspoon salt in 30-second increments until melted; stir into a double boiler on stovetop. Transfer to a buttered pie pan and store at room temperature for up to 1 month. To serve, run container under hot water or microwave until pliable.

Per 1 Tablespoon: 10 Calories, 0g Protein, 0g Carbohydrate, 0g Fiber, 0g Fat, 0g Saturated Fat, 0mg Cholesterol, 0mg Sodium, 0g Carbohydrate, 0g Fiber, 0g Protein.

BACON JAM

Makes: 2 cups

What: Cook 2 pounds chopped bacon in a large skillet over medium heat until crisp. Drain, reserving 2 tablespoons **bacon fat**. Add reserved fat to skillet with 2 cups **sliced onions**. Cook over medium low heat until onions are translucent, about 15 minutes. Add 1 cup **apple cider vinegar**, 1/2 cup **apple cider vinegar**, and 1/4 cup **kosher salt**. Simmer over medium heat until the liquid has a syrup-like consistency, about 20 minutes. Let cool slightly, transfer to a food processor, and puree until bacon is finely chopped. Can be refrigerated for up to 2 weeks.

Per 1 Tablespoon: 180 Calories, 8g Protein, 15g Carbohydrate, 0g Fiber, 10g Cholesterol, 0mg Sodium, 10g Carbohydrate, 0g Fiber, 0g Protein.

PEAR SHRUB WITH HONEY AND THYME

Makes: 3 cups

What: Historically used to preserve fresh fruit, this vinegar-based shrub has definitively stayed power in the modern kitchen. A dash of this aromatic vinegar, made with pears and thyme, will brighten cocktails, seltzer, and even salad dressings. **How:** In a large bowl combine 2 cups **chopped pears**, 1 cup **sugar**, 1/2 cup **honey**, and 4 sprigs **thyme**. Cover and refrigerate overnight. Add 2 cups **apple cider vinegar** to cover, and refrigerate for at least two days and up to 1 week. Serve in clear bottles and refrigerate for up to 4 months.

Per 1 Tablespoon: 16 Calories, 0g Protein, 0g Carbohydrate, 0g Fiber, 0g Cholesterol, 0mg Sodium, 0g Carbohydrate, 0g Fiber, 0g Protein.

holiday guide

8 Brush up on Your Pastry Skills

Pastry chef Chelsey Erickson shares her recipe for the Paris-Brest, a stunning French cake that's easier than it looks.

Named for a bike race between Paris and the city of Rouen, the Paris-Brest cake—with its round pastry shell and praline cream filling—is meant to resemble a wheel. But this cake is a two-wheel-like shape and snowy confectioner's sugar topping. It's also a popular holiday dessert today at **PRALINE PATISSERIE** in Manchester, New Hampshire. Owner Chelsey Erickson (postured), who also teaches classes out of her production kitchen, showed us a streamlined version geared toward the home cook:

VISIT

Praline Patissierie, 305 Elm St., Manchester, NH, 603-224-8930; pralinepatissierie.com



PRALINE PASTRE

MAKES: 1/2 cup

You can substitute chocolate hazelnut spread for the praline paste.

MAKE-AHEADS: Praline paste can be made up to 3 weeks in advance. Store in an airtight container in a cool, dark place.

To make 1/2 cup skinned hazelnuts (or pecans) and 1/2 cup sliced almonds in a dry skillet over medium heat until almonds are lightly browned, 3 to 5 minutes. In a small saucepan over medium-high heat, dissolve 1/4 cup sugar in 1/4 cup water and simmer until syrup turns golden brown, 10 minutes. Remove pan from heat; stir in nuts and transfer to greased parchment-lined baking sheet. Cool completely; break into 2" pieces, and process in food processor until finely ground. Add 1/4 tablespoon vegetable oil and 1/2 teaspoon salt and process into a smooth paste about 2 minutes.



Dried fruits add a tiny layer to each



Mashed praline with a spoon.



If needed, just more praline to taste.

holiday guide



Hold the tray upside down while piping dough.



A serrated knife works best for slicing.



Press gently to spread 100g.



When piping 100g, divide into 10 lines.



Eat immediately or refrigerate for up to 4 hours.

PANNA-CREME CAKE

Total Time: 2 hours
Serves: 8 to 10

Make-Ahead: The cooked pastry circles can be wrapped tightly and frozen for up to 1 month (refrigerate). In a 350-degree oven for 10 minutes. The cream filling can be refrigerated for up to 2 days. The assembled cake can be refrigerated for up to 4 hours.

Pastry Wreath:
5 large eggs, lightly beaten
1 cup water
6 tablespoons unsalted butter (softened)
Flour salt
1 cup all-purpose flour
1/2 cup sliced almonds

Mascarpone Whipped Cream:
1 1/4 cups heavy cream
1 can mascarpone
1/2 cup confectioner's sugar, plus
extra for dusting
1/2 cup vanilla paste
(see recipe)

1. For the pastry wreath: Adjust the racks to the upper- and lower-middle positions and heat oven to 425 degrees. Reserve 2 tablespoons butter; set aside. Add 1/2 cup water to a small bowl. Line 2 baking sheets with parchment paper and trace a 9 1/2-inch circle on each. Flip the parchment over so tracing line is to outside.

2. Bring water, butter and salt to a boil. Remove from heat and stir in flour. Cook over medium-low heat, stirring constantly until mixture is smooth and leaves a thin residue on the bottom of the pan, 2 to 3 minutes. Transfer to a large bowl and let cool 3 minutes.

3. Using an electric mixer or a wooden spoon, beat egg yolks for four batches, mixing the dough after each addition until completely incorporated and mixture becomes a smooth, sticky paste. Transfer dough to a pastry bag and cut a 1/2-inch opening.

4. On 1 baking sheet pipe a single circle of dough around the outside of the tracing. Set aside. Pipe the

bag with remaining dough if needed. On the remaining baking sheet pipe a circle of dough along the inside of the tracing. Pipe a second circle of dough bag around the outside of the first circle to make a wide circle. Pipe a third circle directly over the second circle.

5. Brush pastry circles with reserved egg and sprinkle almonds over wider circle. Place narrow pastry circle on the lower-middle rack, wider circle on the upper middle, and bake for 20 minutes. Transfer the narrow circle to a wire rack. Pierce sides of pastry with the tip of a knife to release steam and let cool completely.

6. Reduce oven temperature to 350 degrees and continue to bake wider circle until golden brown and firm another 20 to 25 minutes. Transfer to a wire rack. Pierce sides of pastry with the tip of a knife to release steam and let cool completely.

7. For the whipped cream: In a large bowl, beat heavy cream, mascarpone and sugar with an electric mixer on low until combined. Increase speed to

medium-high and beat until medium peaks form about 1 minute. Fold in powdered sugar with a rubber spatula until just combined.

8. To assemble: Using a serrated knife, slice wide circle in half horizontally and place bottom half on a serving plate. Spoon 1 cup filling to a pastry bag fitted with a 1/2-inch tip and pipe around the center of the bottom circle. Place narrow circle on top and press gently. Add remaining filling to bag and pipe using a circular or zigzag pattern to cover completely. Place top half of circle on top, dust with confectioner's sugar and serve.

Per slice (based on 100g):
31 g fat, 20 g saturated fat, 105mg cholesterol, 170mg sodium, 26g Carbohydrates, 1g fiber, 7g protein

9 Make Your Punch a Knockout

Old-school soda shop and cocktail lounge Verna's Fizz House in Portland, Maine, serves cocktails alongside inspired non-alcoholic drinks. Here, co-owner Johanna Corman shares a festive version for the holidays.

VISIT:
Verna's Fizz House, 149 Free St.,
Portland, ME, 207-722-4205;
vernasfizzhouse.com

JOHANNA CORMAN'S MULLED CIDER AND POMEGRANATE PUNCH

Active Time: 10 min.
Total Time: 4 hours
Serves: 10 to 20

2 quarts apple cider
3 cups pomegranate juice
4 cinnamon sticks
1½ teaspoons whole cloves
1½ teaspoons whole allspice berries
1 bottle sparkling cider
1 cup lime juice (about 8 limes)

For Serving (optional):
2 star fruit, sliced thin
1 orange, halved and sliced thin
½ cup pomegranate seeds
Basil, mint, or hibiscus

1. Combine apple cider, pomegranate juice, and spices in a slow cooker. Cover and cook on low until cider is hot and spices are infused, 2 to 4 hours.

2. Before serving, remove spices with a slotted spoon and stir in sparkling cider and lime juice. Garnish individual mugs with sliced fruit, pomegranate seeds, and a splash of liquor (if using).

Per cup: 180 calories, 2g fat (0g saturated), 60g carbohydrates, 20mg sodium, 11g fiber, 109mg potassium

10 Just Add Bubbly

Bring the cheer by topping any of these bases with your favorite sparkling wine.



POMEGRANATE SPARKLER

Start with: 1 quart of POM juice
Garnish with: Pomegranate seeds



RASPBERRY BLISS

Start with: 1 tablespoon Tate's Raspberry Filled Raspberry Fruit Spread
Garnish with: A sprig of fresh thyme



MARSHMALLOW MAPLE LEAF

Start with: 1 tablespoon Kinnaroma 100% Pure Maple Syrup
Garnish with: A lemon twist



COOK
holiday guide

11 Take a Shortcut (or Two)

To save yourself time on side dishes, let Hannaford pick up the slack with the mashed potatoes—we're fans of the homestyle version, which is made with real butter and milk. Got leftovers handy? You're halfway to a hearty gnocchi dinner.

LEFTOVER MASHED POTATO GNOCCHI

Serves 4

In a large bowl, combine 2 cups mashed potatoes, 2 large eggs, 1 cup flour, and 1/2 cup shredded Parmesan (optional). Use your hands or a whisk to mix until ingredients are well combined. Knead until dough is smooth. On a heavily floured surface, roll dough into long ropes about 2 1/2 in. diameter and cut vegetables into 1-in. pieces. Cook gnocchi in boiling water until they float, 2 to 3 minutes. Drain, toss with your favorite sauce, and serve.

Per serving: 300 calories; 18g fat (9g saturated); 30g carbohydrates; 26g protein; 14g fiber

Photo: Michael

12 Don't Forget to Relax



More important than perfecting the turkey? Keeping your cool in the kitchen. "Take time for yourself, whether that's exercising, breathing, or stretching," says Tara Nau Bandel, an exercise specialist and Hannaford's wellness manager. Here, her advice for staying mindful all season long.

By Jaha Reppaport

GET MOVING

When Tara Bandel doesn't have time to fit the gym, she stretches her muscles throughout the day in 5- to 10-minute chunks. Other tips she offers clients: Rather than booking a conference room, schedule a walking meeting. Take the stairs instead of the elevator or escalator and sit on the bright side of the cleaning the house, for gress—it's built-in exercise.

STRETCH IT OUT

Body stretching not only reduces stress, it also increases flexibility. If you sit at a desk all day, Bandel recommends this full-body stretch: Stand facing your desk, feet hip-distance apart and knees slightly bent. Keep the edge of a flat surface (not a propped-up desk) just high

back, dropping your head between your arms until your back is perpendicular to your legs. Hold for five deep breaths.

TAKE A BREATH

Tara Bandel has two rules for the students in her yoga classes: "Breathe and smile." Focusing on the breath, even briefly, can reduce blood pressure and have a calming effect. Try Tara Bandel's method by closing your eyes, placing one hand on your belly and one on your chest, and breathing in deeply through your nostrils. Work your way up to 10 deep breaths at least once a day (oh, and that smiling helps! Studies show that just putting on a happy face can actually reduce stress and turn around a bad mood.)



Apple Sauce

Snack satisfaction
for the whole family.



Ring in the Holidays
with two GREAT Brands!

White Chocolate Cherry Cream Pie Bars

Ingredients:

- 16 chocolate cookies
- 3 Tbsp. butter, melted
- 8-ounce pkg. cream cheese, softened
- 1/2 cup sugar
- 1 cup white chocolate chips
- 1-ounce whipped topping, thawed
- 21 oz. Lucky Leaf Cherry Pie Filling
- 1 tsp. almond extract
- 1/2 cup white chocolate chips
- 8-ounce whipped topping, thawed
- 21 oz. Lucky Leaf Cherry Pie Filling

Directions:

Mix crushed cookies and butter. Press cookie mixture onto bottom of a 9x13 inch baking pan sprayed with cooking spray. Beat cream cheese, sugar and almond extract until smooth in a large bowl. Melt white chocolate in microwave according to package directions. When melted, pour into cream cheese mixture. Beat with electric mixer until smooth. Fold whipped topping into mixture. Pour evenly into crust. Cover and chill for at least 2 hours, or until ready to serve. Spoon Lucky Leaf Cherry Pie Filling on top just before serving.

For more great
recipes visit
www.luckyleaf.com



LUCKY LEAF



local producers / expert entertaining / reader recipes

Hudson for the Holidays

Local bakery **Bonnybrook**
& Bread offers
up festive, simple
Christmas morning
recipes with a little
help from the family
behind Bonnybrook
Farm Dairy.

By Molly Brehman

Photographs by Zach DeLois





America's Clafouti dream
and cinnamon butter
are a perfect match for
warm pastries.
Babar Rummelhauer's
Colby Gauthier and
granddaughter Maya
(left), welcome Danielle
E. Brown's (right)
Banana, Colville
Guldmundsson and their
daughter Robbie.



For more than 40 years, Karen and Colby Gauthier have lived in a yellow farmhouse in Amherst Island, New Brunswick. When they run **Rummelhauer Farms**, they offer a multi-generational, all-natural operation focused on rich, cream-based milks, drinkable yogurts, and award-winning eggs. At the holidays, the farmhouse becomes family headquarters—dinner with 11 at the table is no rare treat.

This year, on a front-porch holiday brunch repast, we asked the Gauthiers if we could invite the owners of **Bon Appétit & Beyond bakery**—another family business from nearby Fredericton—to create a new take on the classic meal.

Karen Hartman and Gretchen Gotschauer started **Knots & Knots** in the late 1990s. Today, crowds line up at their Warren Street shop for loaves of signature sourdough and cinnamon-sugar breads, sandwiches, and fluffy croissants. When creating the menu for brunch at the farm, Hartman and Gotschauer focused on family-style platters, with a few surprises mixed in: coffee paired up with frothy eggs, eggs baked in crevasses and muffins, and creamy low-fat soufflés filled with cheese.

"A great holiday is where you're warm and everyone is relaxed and full and you make it's own," Gotschauer says. "It doesn't have to be fancy. The food doesn't have to be high-end. It's just comforting and fun."

The brunch is a blend of tradition, and is relatively easy to prepare. "No need to go grocery," Gotschauer says. "We're all just bakers."

"It's not a groundbreaking story, our takeoffs," Hartman chimes in. "Breakfast plays a big role. It's about feeling comfortable. Everybody has their tradition. And for us, it's all about the food."

THE MENU

Fluffy Eggs Benedict

Lyonette werk (cured) Canadian bacon and
Keweenaw Cucumber Butta

Cream-Puff House Eggs with Smoked
Trout and Loxesse-Hammettish Arak

Stuffed French Toast

Stuffed Eggs with Smoked Scrambled
and Tofu Soldiers

Baked Cauliflower "Soufflé"
with Kale-Sage Verde

PROVERS

Active Time: 10 min.

Total Time: 1 hour

Makes: 12 servings

This recipe calls for two 6-cup popover pans, but you can also use one muffin tin (will make 24 mini-eggs). Serve with croissants (recipe below) or butter and jam.

Softened butter for greasing pans

2 cups all-purpose flour

2 cups whole milk

4 large eggs

2 teaspoons salt

1. Adjust a rack to the lower-middle position and heat oven to 450 degrees. Grease two 6-cup popover pans with butter.

2. Whisk flour, milk, eggs, and salt together until combined; batter will be lumpy. Fill each pan two-thirds full and bake 20 minutes.

3. Reduce oven to 250 degrees and continue baking until popovers are golden brown all over, 20 minutes.

4. Transfer to wire rack; pierce tops with the tines of a fork to release steam and let cool slightly before serving.

PER EGG: 120 cal (4% fat), 11 g total fat (4 g sat fat), 340 mg cholesterol, 360 mg sodium, 12 g carbohydrates, 1 g fiber, 4 g protein

CLOTTED CREAM

Makes: 2 cups

Heavy cream labeled "full-fat/ghee-style" will not set properly; do not use.

Turn oven to warm. Pour 4 cups heavy cream into a baking dish, cover with foil, and place in oven for 8 to 12 hours. Transfer to refrigerator and chill until 4 to 12 hours. Using a slotted spoon, gently skim the thick layer of cream from surface of fat and the liquid on the bottom. Stir to combine both parts. Serve at room temperature in a small container and refrigerate for up to 2 weeks.

PER 1 TABLESPOON: 100 calories, 9 g fat (7 g saturated fat), 40 mg cholesterol, 10 mg sodium, 12 g carbohydrates, 1 g fiber, 12 g protein



entertaining

TURNIP-POTATO HOME FRIES WITH SMOKED TROUT AND LEMON-HORSERADISH AIOLI

page
164

Total Time: 1 hour 30 min
Serves: 12 min. side

You can substitute any variety of smoked fish, or have pickled it, for the trout. Taste of Inspiration® Horseradish Avoli can be swapped for the horseradish aioli.

- 3 turnips, peeled and diced into 1/2" pieces
- 3 russet potatoes, peeled, diced into 1/2" pieces, and held in water
- 1 1/2 cups olive or vegetable oil
- 6 celery stalks, cut diagonally into 1/2" pieces, plus 1/4 cup leaves for garnish
- 2 lemons, halved and sliced thin
- 8 small garlic cloves, peeled
- 1/2 cup Lemon-Horseradish Aioli, plus 2 tablespoons for serving (see recipe)
- Salt and pepper
- 8 ounces smoked trout, broken into cubes, plus
- 2 teaspoons fresh parsley leaves, for garnish

SO
DRINK

Frothy Eggcap

"Latte":
Fill a pitcher
measuring halfway
with espresso.
Seal and shake
vigorously until
frothy and doubled
in volume. Remove
it and microwave
about 30 seconds.
Using a spoon to
hold back foam,
pour hot espresso
into cups filled
with foam. Tap
each cup with
foam.

42

Fresh

100-400
104

1. Bring a large pot of salted water to a boil. Add turnips and potatoes and boil until fork-tender, about 6 minutes. Drain and transfer to a baking sheet to cool completely.
2. Heat 1/2 cup oil in a large skillet over medium-high heat until shimmering. Add celery, onions, and garlic, and cook, stirring frequently, until onions are golden brown, 10 to 12 minutes. Transfer to a large bowl.
3. Wipe the skillet and heat remaining 1/2 cup oil over medium-high heat until shimmering. Working in 3 batches, cook turnip-potato mixture until golden brown and crispy, 5 to 7 minutes. Transfer to bowl with celery-onion mixture and repeat with remaining batches.

4. Add trout to bowl and toss to combine. Season with salt and pepper to taste. Add horseradish aioli. Toss with trout, celery leaves, and parsley and drizzle with extra aioli.

Per Serving: 480 Calor 46 g Total Fat (16 g Saturated Fat, 13 mg Cholesterol) 16 mg Sodium, 14 g Carbohydrates, 8 g Fiber, 20 g Protein

Lemon-Horseradish Aioli

Makes: 1 cup

Combine 1 large egg, 2 tablespoons lemon juice, 1/2 tablespoon grainy mustard, horseradish (in food processor or blender), and an onion until combined. With machine running, drizzle 1 cup oil in a slow stream until mixture is thick and creamy. Season with salt and pepper to taste. Aioli can be refrigerated for up to 3 days.

Per 1 Tablespoon: 120 Calories, 11 g Fat (12 g Saturated Fat, 30 mg Cholesterol), 10 mg Sodium, 2 g Carbohydrates, 0 g Fiber, 0 g Protein

BRAISED BEETS AND CHORIZO

Active Time: 1 hour

Total Time: 1 hour 45 min
Serves: 10 to 12 min. side

Reserve 1/2 cup finished braising liquid for the hash; follow recipe on page 46.



- 1 cup olive oil
- 4 links dried Spanish chorizo, sliced thin
- 12 beets, scrubbed and sliced thin
- 1 red onion, halved and sliced thin
- 1/2 cup chopped fresh mint, plus extra for garnish
- 1/2 cup chopped fresh parsley, plus extra for garnish
- 1/4 cup balsamic vinegar
- 4 cloves garlic, sliced thin

page
164

164



Filling a crowd
is easy with these
family-style dishes.

2 tablespoons fresh thyme leaves
1/2 teaspoon crushed red pepper
1/2 teaspoon salt

1. Heat oil in a large skillet over medium-high heat until shimmering. Add chorizo and onions, stirring frequently, until golden brown, about 6 minutes. Using a slotted spoon, transfer to a bowl and set aside.

2. Working in batches, cook beats in rimmed chorizo fat until tender and browned, about 5 minutes.

3. Return beats and chorizo to skillet. Stir in remaining ingredients plus enough water to cover the beats. Cover partially with a lid and simmer over low heat until liquid is reduced and gel-like, about 45 minutes.

4. Using a slotted spoon, transfer to a platter and garnish with more

parsley and mint before serving; reserve leftover cooking liquid for bean soups.

Per Serving (based on 1/2 cup): 310 Calor ies, 25g Fat (1g Saturated Fat), 21mg Choles terol, 420mg Sodium, 14g Carbohydrates, 4g Fiber, 7g Protein

entertaining



SHREDDED EGGS WITH SMOKED Gouda SCAMORZA

Serves 8 to 10

Makes 12

You can substitute smoked Gouda or cheddar cheese for the scamorza. Use any 3- or 4-ounce oversize cups or jars in place of the ramekins.

- 12 large eggs
- 3/4 cup heavy cream
- Salt and pepper
- Nutmeg, freshly grated
- 3 ounces smoked scamorza cheese, grated (about 1 cup)
- 12 sprigs fresh thyme

1. Adjust a rack to the middle position and heat oven to 350 degrees. **2.** Place 12 ramekins on a rimmed baking sheet. Crack an egg into each one, then top with 1 tablespoon cream and a pinch each of salt, pep- per and nutmeg. Sprinkle shredded scamorza evenly over eggs and garnish with thyme sprigs.

3. Bake until whites are just cooked and yolks are runny, 6 to 8 minutes. Per Ramekin: 130 Calories, 9g Fat (8g Saturated), 202mg Cholesterol, 103mg Sodium, 3g Carbohydrate, 10g Protein

TOAST SOLDIERS

Makes about 24

You can substitute olive oil for the buttered bread and chocolate cooking liquid. Serve with fried eggs.

Heat an oven to 350 degrees. Cut an **unbaked** **ciabatta** or **baguette** loaf crosswise into 1/2-inch-thick slices, and then cut each slice lengthwise into 1/8-inch "loggs." Place on a parchment-lined baking sheet and brush all over with 1/2 cup **unsalted** **butter** and **chocolate** **cooking** **liquid**. Bake until toasted, 8 to 10 minutes.

Per Log: 100 Calorie, 10g Fat (5g Saturated), 100mg Cholesterol, 230mg Sodium, 230mg Carbohydrate, 4g Fiber, 4g Protein

ROASTED CAULIFLOWER "STEAKS" WITH KALE SALSA VERDE

Serves 10 to 12



You can substitute a lemon or an orange for the grapefruit. To make this gluten-free, omit the breadcrumbs. You can serve this warm or at room temperature.

Kale-Ah-mazing: The salsa verde can be made and refrigerated for up to 1 week.

- 2 large cauliflower heads
- 3/4 cup olive oil
- Salt and pepper
- 2 cups kale leaves
- 1/4 cup breadcrumbs (optional)



- 1/4 cup fresh parsley leaves
- 1/4 cup fresh mint leaves
- 1 tablespoon capers, rinsed
- 1 tablespoon fresh grapefruit juice plus 1 tablespoon zest
- 1 teaspoon red wine vinegar
- 1 small clove garlic, peeled
- pinch crushed red pepper flakes

To serve:

- 1/2 cup hazelnuts, walnuts, or pistachios, toasted and chopped
- 1 tablespoon roughly chopped fresh basil

1. Adjust the racks to the upper and lower middle positions and heat oven to 425 degrees. Trim leaves and stems from cauliflower leaving cores intact. Slice each core down from top to stem into eight 1/2-inch-thick steaks and transfer to 2 parchment-lined baking sheets. **2.** Coat "steaks" all over with 1/4 cup olive oil and season with 1 teaspoon each of salt and pepper. Roast until cauliflower is golden brown and tender, 15 to 20 minutes.

3. Meanwhile, add remaining ingredients plus 1/2 cup oil to a food processor and puree until coarse and creamy. Chopped. 5 to 10 pulses. Season with salt and pepper to taste. **4.** To serve: Transfer roasted cauliflower to a platter and drizzle with salsa verde. Garnish with hazelnuts and walnuts before serving.

Per Serving (based on 12 ramekins): 19g Fat (12g Saturated), 100mg Cholesterol, 210mg Sodium, 8g Carbohydrate, 7g Fiber, 3g Protein

everybody does their tradition. And
Focus. It's all about the food."

—Linda Kinsella, *Rosoglio* + Bread

Deliciously Festive.



A RICH, CREAMY AND WORLD CLASS FESTIVE FONDUE FEATURING
ORGANIC VALLEY'S AWARD WINNING RAW SHARP CHEDDAR CHEESE



FESTIVE CHEDDAR FONDUE

INGREDIENTS

- 3 tablespoons Organic Valley European-style Cultured Butter
- 3 tablespoons flour
- 1 cup Organic Valley Whole Milk
- 2 cups Organic Valley Raw Sharp Cheddar Cheese
- 8 apples (medium-sized)

DIRECTIONS

Simply melt Organic Valley European-style butter in a fondue pot (or heavy saucepan over low heat). Slowly whisk in flour and mix well. Gradually whisk in warm milk and stir until thickened. Add cubes Organic Valley Raw Sharp Cheddar cheese, and mix until melted. Serve with sliced Granny Smith apples. Enjoy!



ORGANIC
VALLEY

Bringing the Good

Find more delicious holiday recipes at www.organicvalley.com/recipes



day in the life

Bringing Home the Bacon

Get an inside look at how North Country Smokehouse's top-selling product gets made. By Carolee Hazzard

North Country Smokehouse in Claremont, New Hampshire, makes its unique hickory-smoked bacon. Abriele Szwarc, who started selling meat out of a single wooden cart in 1982, built the company today into a considerably larger, and as technology a bit more sophisticated, the smokehouse extends a mere quarter mile from where Szwarc originally set up shop. The business, now under new ownership, is schools poised for even more growth, with a second facility slated to open in early 2015 to meet demand for North Country's smoked bacon, hamlets, sausages, and—most crucially—dried applewood-smoked bacon. It's a product that's a fix favorite, with about 40,000 pounds produced each week.

"People say they'll have bacon with their beers," says Mike Szwarc, Abriele's grandson, who oversees the New Hampshire operation.

Here, a look at how the bacon gets made.



1. Pork belly thigh pigs raised on a family farm in Gloucester gets cured for up to five days in a brine that includes salt, brown sugar, and maple syrup from nearby Brattleboro Farm.

2. Each smokehouse holds 2,000 to 3,000 pounds of pork belly, which is designated same day bacon hamlets strips up by hand, a process known as combing.

3. "Select companies use liquid smoke flavor—they spray it onto the bacon," Szwarc says. "We still use the old-fashioned way of smoking, and that's with wood chips." After a few years of experimenting, Szwarc uses monthly applewood mixed with a bit of hickory.



4. After getting dried out, the pork belly goes into the slicing machine, where it's cut into various thicknesses. At about 16 to 18 slices per pound, the North Country bacon that Hennaford sells is thicker than commercial varieties.

5. Szwarc says it takes about two days to get the final product from North Country Smokehouse to Hennaford shelves.

heirloom recipe



My Mother-in-Law's Swedish Apple Pie



"When my mother-in-law gave me the recipe, I thought, 'It's not even a real pie!' But I love making it because it's so much easier."

Mary Lister of Beverly, Mass., bakes this riff on classic apple pie. She bakes hers with Cinnamon apples and serves it warm, topped with vanilla ice cream.

By Julie Rappaport

SWEDISH APPLE PIE

Active Time: 20 min

Total Time: 1 hour 20 min
Serves 6 to 8

- 5 apples, peeled, cored, halved, and cut into 1/2"-thick wedges
- 1 teaspoon cinnamon
- 1/2 teaspoon plus 1 cup sugar
- 12 tablespoons unsalted butter
- 1 cup all-purpose flour
- 1 large egg
- 1/4 teaspoon salt

1. Adjust a rack to the upper-middle position and heat oven to 350 degrees. Fill a 9" or 10" pie dish with sliced apples and sprinkle with cinnamon and 1 teaspoon sugar.

2. Melt 1 butter. In a medium skillet, Remove from heat and whisk in remaining 1 cup sugar. Beat egg and salt until combined.

3. Pour mixture over apples and bake until apples are tender and crust is golden brown and crisp, 45 minutes to 1 hour.

Per serving (based on 12 slices):

Calories: 359 (not including fat); Total Fat: 19g; Cholesterol: 19mg; Sodium: 49g; Carbohydrate: 32g; Fiber: 3g; Protein: 3g

Have a favorite family recipe?

Want to see it? Email heirloom@scholastic.com. Or share it on social media with the hashtag #heirloomfromus.



Serve a star pairing for the holidays.

CHEDDAR

Semi-Hard Cheese

Similar Cheeses: Gruyère, Gouda, Gilly

Tasting Notes: Creamy loops melt through the richness of the cheddar and bring out a gourmand flavor on your palate, leaving pants wanting more.

PEPPER JACK

Spicy Cheese

Similar Cheeses: Chipotle Pepper Gouda, Mexican Cheese

Tasting Notes: Well-balanced flavors even out the firmness of the cheese, resulting in a wonderful harmony of spicy and smooth.

MELTED MOZZARELLA

Mild Hard & Semi-Hard Cheese

Other Cheeses: Provolone, Pecorino

Xiang Naixi: Slightly sweet and light loops accentuate the creaminess of melted cheese, making it a perfect accompaniment to pizzas, pastas and simple Belgian croissants.

StellaArtois.com

Always Enjoy Responsibly

© 2013 Anheuser-Busch InBev USA, St. Louis, MO.
Imported by Heublein-Busch, Milford, CT, Louis, MO.

OVER 1,200 REASONS *why Cabot makes the* WORLD'S BEST CHEDDAR!

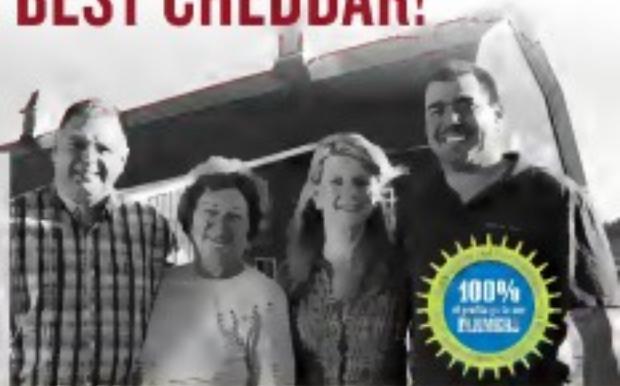
©2012 Cabot Creamery Cooperative, Inc.



Cabot Creamery is fully owned and operated by 1,200 farm families in New England and New York. Our farmers get 100% of the profit and do all they need to ensure you get the best, all-natural dairy foods. From our families to yours - taste the commitment to quality in every bite of the World's Best Cheddar.

COONEY FAMILY, Richmond, VT

One of the 1,200 farm families who own Cabot Creamery Cooperative.



CHEDDAR, PISTACHIO & CRANBERRY "POPS"

Photo © Cabot Creamery Cooperative
No LE ingredient disclosure

INGREDIENTS

- 5 ounces Cabot New York Style Cheddar, Cabot Extra Sharp Cheddar, or Cabot Sharp Light Cheddar, cut into about 2 cubes
- About 1/2 cup Cabot 2% Plain Greek Style Yogurt or Cabot Plain Greek Style Yogurt
- 1/2 cup finely chopped pistachios
- 1/2 cup finely chopped dried cranberries
- About 24 short pieces fresh rosemary (optional)

DIRECTIONS

1. In medium bowl with fork, mix/mash together goat cheese and enough of yogurt to make mixture that holds together well. Shape into about 2 dozen 1-inch balls.
2. In another bowl, mix together pistachios and cranberries. Roll each ball in mixture, pressing in firmly to coat. Cover and refrigerate until ready to serve. Just before serving, insert small piece of rosemary in each ball if desired.

NUTRITION ANALYSIS: Calorie 125, Total Fat 14g, Saturated Fat 8.5g, Cholesterol 23mg, Sodium 123mg, Total Carbohydrates 1g, Dietary Fiber 0g, Protein 8.5g, Calcium 10 mg.

For more recipes, visit: cabotcheese.coop